

**Missions Lesson**  
**IMB Affinity Group: Sub-Saharan Africa**

By Barbara Myers  
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Objective:

Children will identify countries of Sub-Saharan Africa, learn about the needs, and pray for the people.

Materials:

Map of Sub-Saharan Africa

Glue sticks

Large sheet of paper for each child (size larger than copy paper)

Pictures of Sub-Saharan foods

48 large index cards or poster board cut into cards

Preparation:

1. Read the Facts and Concerns for Countries in Sub-Saharan Africa and information about Religion (attached) as background material for you as the leader.
2. Look at the list of foods from the attached list of Sub-Saharan foods. Find and cut out as many pictures as you can of these foods from newspapers, magazines or copy from the internet. Bring pictures to class. (Children will prepare a menu.)
3. Before class prepare cards with the name of each Sub-Saharan Africa country. (Use attached list of countries of Sub-Saharan Africa). Display the cards around the room.
4. Display memory verse I Timothy 2: 3,4. (attached)

Optional Activity:

Before class, prepare one of the Sub-Saharan food dishes of mealie meal or fufu. (See attached recipes.) Sometime during the lesson, allow each child to have a taste of the prepared dish. 😊

Procedure:

1. As the children gather for class, **Say:** Today, we will learn about countries that make up the part of Africa called Sub-Saharan

Africa. For example, did you know there are 42 countries located in Sub-Saharan Africa mainland, with an additional 6 island nations (Madagascar, Seychelles, Comoros, Cape Verde, Sao Tome and Principe)? There are approximately 600 Bantfu languages as well as European languages spoken. Sub-Saharan Africa is a very large area of Africa with many concerns, primarily the AIDS pandemic that has left millions of orphans and depleted the labor pools for future growth.

A few other facts: Sub-Saharan Africa is generally the poorest region and has the least developed countries in the world; expanding opportunities for education, especially in rural areas is crucial to the future growth of this region; many Sub-Saharan economies depend on subsistence agriculture and export of natural resources.

- 2. Ask the children:** What is your favorite food? (Give time for responses). Read the list of foods from the attached list, Sub-Saharan Foods. Show the children the cut-out pictures of different foods. Allow them to prepare a menu using the pictures. Give each child a large piece of paper and have them glue pictures for their menu. (If you have prepared mealie meal or fufu, this will be a good time to give each child a taste.) **Say:** We have just learned about the food of the people of Sub-Saharan Africa. Providing food is a physical need. We will also see that these people have a spiritual need, "To know Jesus as their Savior."
- 3. Say:** In Sub-Saharan Africa there are people who worship Jesus Christ. Others attend the African Traditional Church that mixes cultural beliefs such as the worship of ancestors and polygamy (to have more than one wife) with Christian principles. There are many who follow the Islam faith and worship Allah. **Ask:** Are all these people following Christian teachings? (Allow the group to answer.) **No,** only a very small percentage of the people living in Sub-Saharan Africa know Jesus as their Savior. (Explain the people do not live as God directs from His Word such as having more than one wife and believing in the ancestors.)

4. **Read the memory verse:** I Timothy 2: 3-4. **Ask:** What does this verse mean? (Allow responses from the children.) Let's look at the book of I Timothy. Who was Timothy? (Young man who believed in Jesus. His name means "One who honors God"). Paul, a great apostle for the Lord Jesus Christ, wrote I Timothy (New Testament book) and it is a letter to Timothy, encouraging him to continue preaching about Jesus. To know Jesus is to follow His teachings found in the Bible. We believe what the Bible says. When we say to know Jesus, we mean we have accepted Jesus to be our Lord and Savior. We have asked Him to come into our heart. Have you done this? (Take a few minutes for discussion concerning what it means to be saved.)
  
5. **Ask:** How can we help the people of Sub-Saharan Africa know Jesus as their Savior? (Responses should include: Pray for the people and pray for those sent to tell the people about Jesus).  
**Say:** We can pray each person in Sub-Saharan Africa will come to know Jesus as their Savior. We can also pray for those God has sent to tell the people about Jesus.
  
6. In closing, allow each child to take one of the cards in which a Sub-Saharan African name is printed and displayed around the room. **Tell the children:** Look at the name of your country. Will you commit to praying for the people of the country to come to know Jesus as their Savior? Close the meeting time in prayer.

**Attachments:**

List of Sub-Saharan Africa countries  
Facts and Concerns about Sub-Saharan Africa  
Memory Verse I Timothy 2: 3-4  
Sub-Saharan Foods and couple of recipes.



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## **Countries of Sub-Saharan Africa**

Angola	Madagascar
Benin	Malawi
Botswana	Mali
Burkina Faso	Mauritania
Burundi	Mauritius
Cameroon	Mozambique
Cape Verde	Namibia
Central African Republic	Niger
Chad	Nigeria
Comoros	Reunion
Congo (Brazzaville)	Rwanda
Congo (Democratic Republic)	Sao Tome and Principe
Cote d'Ivoire	Senegal
Djibouti	Seychelles
Equatorial Guinea	Sierra Leone
Eritrea	Somalia
Ethiopia	South Africa
Gabon	Swaziland
The Gambia	Tanzania
Ghana	Togo
Guinea	Uganda
Guinea-Bissau	Western Sahara
Kenya	Zambia
Lesotho	Zimbabwe
Liberia	

## Facts and Concerns for Countries in Sub-Saharan Africa

1. "Sub-Saharan Africa" is a term to describe the area of the African Continent which lies south of the Sahara Desert.
2. Climate is influenced largely by distance from the equator and altitude.
3. The early inhabitants of Africa lived in small groups and obtained food by foraging and fishing. Region has been the site of many empires.
4. Generally, it is the poorest region in the world, still suffering from colonialism, slavery, native corruption, socialist economic policies, and inter-ethnic conflict. Contains many of the least developed countries in the world.
5. 42 countries located in sub-Saharan Africa mainland, in addition to six island nations (Madagascar, Seychelles, Comoros, Cape Verde and Sao Tome and Principe.)
6. Most of the people living in Sub-Saharan Africa speak one (or more) of about 600 Bantfu languages as well as the European language of the former colonial powers.
7. AIDS pandemic ravaging most of Sub-Saharan Africa leaving millions of orphans and depleted labor pools for future growth.
8. Expanding opportunities for education, especially in rural areas- crucial to the future growth of Sub-Saharan Africa.
9. Many economies depend upon subsistence agriculture and export of natural resources.

**Religion:** Today the various populations and individuals on the continent are mostly adherents of Christianity, Islam, and to a lesser extent, Traditional African Religion. In Christian and Islamic communities, religious beliefs are also sometimes characterized with beliefs and practices of traditional religion. These traditional beliefs include a strong belief in a supreme creator, belief in spirits, veneration of ancestors, and the use of magic and traditional medicine.

## **Sub-Saharan Food**

The huge continent is the origin of many unique grains and vegetables, many found nowhere else in the world. In recent centuries, African cuisine has been influenced by Arab traders, European colonialist, and Asian immigrants.

### **Bread and grains:**

Barley, cornmeal, millet, rice, sorghum

### **Veggies and Beans:**

Collard greens, corn, cabbage, spinach, beet root, carrots, potatoes, eggplant, okra, onions, peppers, pumpkin, sweet potato leaves, tomatoes, wild greens, sweet potatoes, yams, black-eyed peas, lentils.

### **Fruits and Nuts:**

Avacado, bananas, coconut, guavas, mangoes, pineapples, watermelon, peanuts.

### **Meats:**

Beef, goat, lamb, chicken, guinea fowl, ostrich, shrimp and dried fish, pork.

### **Eggs and Dairy:**

Buttermilk, curds, eggs, milk.

### **Beverages:**

Tea (hot) and coffee

## Recipes

### **FuFu:**

White yams - 2 pounds

Butter - 2 tablespoons

Salt and pepper to taste

1. Place unpeeled yams in a large pot, cover with cold water and bring to a boil over medium high heat. Boil for 15 to 30 minutes, or until the yams are cooked through and tender. Drain and let cool.
2. Peel the yams, chop them into large pieces and place them into a large bowl with the butter, salt and pepper. Mash potatoes with masher until very smooth.
3. Place the fufu into a large serving bowl. With wet hands form into a large ball and serve.

### **Mealie Meal or Ngali:**

Water-4 cups

Salt-1 teaspoon

White cornmeal, finely grounds-2 cups

1. Bring the water and salt to a boil in a heavy bottomed saucepan. Stir in the cornmeal slowly, letting it fall through the fingers or your hand.
2. Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot, and becomes very thick, about 10 minutes. Remove from heat and allow to cool somewhat.
3. Place the mealie meal into a large serving bowl. Wet your hands with water, form into a ball and serve.

More or less water can be added to achieve the consistency you prefer. Most Africans would not salt the water, so you leave the salt out if you wish. Stir in butter for richer flavor.



**This is good and acceptable in the sight of the God our Savior, who desires all men to be saved and to come to the knowledge of the truth.**

I Timothy 2: 3-4 NASB